

ULTRA ADVANCED FITNESS ANALYSIS

EXECUTIVE SUMMARY

Overall Fitness Score:	48.7/100
Training Readiness:	5.7/10
Body Fat Percentage:	6.1%
Muscle Mass Score:	22.9/100
Somatotype:	Mixed
Weekly Training Volume:	984 total reps
Recovery Ratio:	0.14

DETAILED BODY ANALYSIS

Muscle Region	Score	Grade	Percentile	Weakness Level
Upper Pectoralis	55.0	D	40%	Moderate
Lower Pectoralis	51.5	F	25%	Moderate

7-DAY ULTRA ADVANCED TRAINING PROGRAM

PAZARTESI - PUSH

- Duration: 80 minutes
- Total Volume: 195 reps
- Intensity: 7.5/10
- Metabolic Demand: Moderate
- Recovery Priority: Medium

Exercise	Sets × Reps	Rest	RPE	Notes
Barbell Bench Press	5x6-8	180s	9.0	King of upper body exercises [WEAKNESS F...
Incline Dumbbell Press	4x8-10	150s	8.0	Upper chest focus
Standing Overhead Press	4x6-8	180s	8.5	Full body stability required
Dumbbell Lateral Raise	4x12-15	90s	7.5	Perfect for shoulder width
Cable Triceps Pushdown	4x10-12	90s	7.0	Triceps mass builder

Warm-up:

- 5 min light cardio
- Dynamic stretching
- Arm circles
- Band pull-aparts
- Push-up progression

Cool-down:

- 5 min light cardio
- Static stretching
- Chest stretch
- Triceps stretch
- Shoulder stretch

Special Techniques:

- Chest Flyes Superset

SALI - PULL

- Duration: 68 minutes
- Total Volume: 141 reps
- Intensity: 8.0/10
- Metabolic Demand: Moderate
- Recovery Priority: High

Exercise	Sets × Reps	Rest	RPE	Notes
Conventional Deadlift	5x5	240s	9.0	King of all exercises
Pull-ups	4xAMRAP	150s	8.5	Ultimate back builder

Bent-over Barbell Row	4x8-10	150s	8.0	Thick back developer
Barbell Bicep Curl	4x8-12	90s	7.5	Classic bicep builder

Warm-up:

- 5 min light cardio
- Dynamic stretching
- Cat-cow stretch
- Band rows
- Dead hangs

Cool-down:

- 5 min light cardio
- Static stretching
- Lat stretch
- Biceps stretch
- Upper trap stretch

Special Techniques:

- Lat Pulldown Dropset

ÇAR■AMBA - LEGS

- Duration: 56 minutes
- Total Volume: 156 reps
- Intensity: 8.5/10
- Metabolic Demand: Moderate
- Recovery Priority: High

Exercise	Sets × Reps	Rest	RPE	Notes
Back Squat	5x6-8	180s	8.5	King of lower body
Romanian Deadlift	4x8-10	150s	8.0	Posterior chain focus
Standing Calf Raise	5x15-20	60s	7.0	Calf development

Warm-up:

- 5 min light cardio
- Dynamic stretching
- Leg swings
- Bodyweight squats
- Hip circles

Cool-down:

- 5 min light cardio
- Static stretching
- Quad stretch
- Hamstring stretch
- Calf stretch

Special Techniques:

- Leg Press Cluster Sets

PER■EMBE - OFF (RECOVERY DAY)

This is a recovery day designed for optimal adaptation and injury prevention.

CUMA - PUSH

- Duration: 80 minutes
- Total Volume: 195 reps
- Intensity: 7.5/10
- Metabolic Demand: Moderate
- Recovery Priority: Medium

Exercise	Sets × Reps	Rest	RPE	Notes
Barbell Bench Press	5x6-8	180s	9.0	King of upper body exercises [WEAKNESS F...
Incline Dumbbell Press	4x8-10	150s	8.0	Upper chest focus
Standing Overhead Press	4x6-8	180s	8.5	Full body stability required
Dumbbell Lateral Raise	4x12-15	90s	7.5	Perfect for shoulder width
Cable Triceps Pushdown	4x10-12	90s	7.0	Triceps mass builder

Warm-up:

- 5 min light cardio
- Dynamic stretching
- Arm circles
- Band pull-aparts
- Push-up progression

Cool-down:

- 5 min light cardio
- Static stretching
- Chest stretch
- Triceps stretch
- Shoulder stretch

Special Techniques:

- Chest Flyes Superset

CUMARTESI - PULL

- Duration: 68 minutes
- Total Volume: 141 reps
- Intensity: 8.0/10
- Metabolic Demand: Moderate
- Recovery Priority: High

Exercise	Sets × Reps	Rest	RPE	Notes
Conventional Deadlift	5x5	240s	9.0	King of all exercises
Pull-ups	4xAMRAP	150s	8.5	Ultimate back builder
Bent-over Barbell Row	4x8-10	150s	8.0	Thick back developer
Barbell Bicep Curl	4x8-12	90s	7.5	Classic bicep builder

Warm-up:

- 5 min light cardio
- Dynamic stretching

- Cat-cow stretch
- Band rows
- Dead hangs

Cool-down:

- 5 min light cardio
- Static stretching
- Lat stretch
- Biceps stretch
- Upper trap stretch

Special Techniques:

- Lat Pulldown Dropset

PAZAR - LEGS

- Duration: 56 minutes
- Total Volume: 156 reps
- Intensity: 8.5/10
- Metabolic Demand: Moderate
- Recovery Priority: High

Exercise	Sets × Reps	Rest	RPE	Notes
Back Squat	5x6-8	180s	8.5	King of lower body
Romanian Deadlift	4x8-10	150s	8.0	Posterior chain focus
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Warm-up:

- 5 min light cardio
- Dynamic stretching
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- 5 min light cardio
- Static stretching
- Quad stretch
- Hamstring stretch
- Calf stretch

Special Techniques:

- Leg Press Cluster Sets

ADVANCED RECOMMENDATIONS

Strength Areas (Continue Current Approach):

Priority Development Areas:

- Lower Pectoralis: Increase frequency and volume, add isolation work

PERIODIZATION STRATEGY

Current Phase: Accumulation Week Structure: • Training Days: 6 days • Recovery Days: 1 days • Average Intensity: 8.0/10 • Total Weekly Volume: 984 reps Progression Strategy: • Accumulation Phase (Weeks 1-3): Focus on volume and technique • Intensification Phase (Weeks 4-5): Increase intensity, reduce volume • Realization Phase (Week 6): Peak performance, deload preparation • Deload Phase (Week 7): Active recovery and adaptation

Generated on: 2025-07-25 21:12 ■ Ultra Advanced Fitness System Note: This analysis is based on computer vision and should be combined with professional assessment. Consult with qualified trainers and healthcare providers before implementing any training program.